

Family Nutrition Program

Annual Report

October 1, 2011 to September 30, 2012

UNIVERSITY OF MISSOURI
 Extension

an equal opportunity/ADA institution

Funded by USDA SNAP



2012 FNP Administrative Team

Jo Britt-Rankin, Administrative Director
Candance Gabel, State Coordinator
Donna Mehrle, Assistant Coordinator
Ellen Schuster, Curriculum and Staff Training Coordinator
Kimberly Keller, Program Evaluation Coordinator
Karen Sherbondy, Alternative Delivery Coordinator
Cindy DeBlauw, Food Power Coordinator
Kraig Kensinger, Food Power Young Adventure Coordinator

1205 University Avenue, Suite 300
Columbia, MO 65211
Telephone: 573-882-9760
Fax: 573-884-5412

2012 FNP Regional Coordinators

Central Missouri
Julie Royse
Jefferson City
573-634-2824

South Central
Pat Snodgrass
Steelville
573-775-2135

East Central
Sue Wille
St. Louis
636-797-5391

Southeast
Linda Morgan
Dexter
573-614-7110

Northeast
Mary Smyser
Palmyra
573-769-2071

Southwest
Pam Duitsman
Springfield
417-886-2059

Northwest
Janet Hackert
Bethany
660-425-6434

West Central
Rachel Gordon, Interim
Kansas City
816-482-5854

Family Nutrition Program Final Report 2012

Contents

Introduction 1

Nutrition Line, Buddy Pack and Pantry Programming 2

Saving Money and Food Resource Management 3

Cooking Matters 4-6

The Missouri Council for Activity and Nutrition..... 7-8

Show Me Nutrition Education Displays..... 9

Assemblies 10

Eat Smart. Play Hard. And Power Panther 11

Food Power 12

Healthily Ever After and Food Power Round Up 13

Obesity Prevention 14-16

Long Term Behavior Changes 17

Replicating Lessons Learned 18-19

Surprise Thank You Nutrition Party 20

Trying New Foods 21

Working with Seniors 22

Food Safety 23

Working with Food Service Staff 23

Farm to Cafeteria Workshop, Seasonal, Fresh & Oh So Good! 24

Eating From the Garden 25-27

Evidence Base for Missouri’s Show Me Nutrition Curriculum 28-29

FY13-15, On our way for the next three years! 29

Evaluation and Participant Data

State Nutrition Education Final Report Summary..... 30-31

Participants per county FNP Fiscal Year 2012 32

Evaluation: Youth Project..... 33

 Student changes (reported by teachers)..... 33

 Teachers’ changes (self-reported)..... 34

Evaluation: Adult Project..... 35

 Dietary Quality and Physical Activity..... 35

 Food Safety..... 35

 Food Resource Management 35

 Participants by age 36

 Participants by race..... 36

 Participants by gender 36

 Educational contacts..... 36

 Groups..... 36

 Number of participants by grade level or age 37

FNP Budget Fiscal Year 2012 38



University of Missouri

Family Nutrition Program



University of Missouri Extension is dedicated to providing research-based nutrition education to Missouri's Supplemental Nutrition Assistance Program recipients and eligibles. Using the socioecological model to evoke behavior change, MU Extension faculty and staff provide education to youth and adults throughout the state of Missouri.

Whether reaching out to youth through classroom education or adults in community settings, the goal of the program is to help participants make behavior changes to achieve lifelong health and fitness. MU Extension also coordinates the Missouri Nutrition Network activities through the Missouri Council of Activity and Nutrition (MoCAN). In addition, MU Extension collaborates with Operation Frontline to provide direct and indirect education to the St. Louis area.

The Family Nutrition Program is funded through the U.S. Department of Agriculture (USDA) Food and Nutrition Service (FNS) through the Supplemental Nutrition Assistance Program (SNAP). This report features highlights from the fiscal year 2012 program, evaluation data and fiscal summary.

The primary focus is the education of SNAP recipients and those eligible — to teach them how to make behavior changes to achieve lifelong health and fitness.



Nutrition Line, Buddy Pack and Pantry Programming

The Buddy Pack and Pantry Programming components complement one another.

Pantry Programming

Each month, MU Extension distributes educational postcards with nutritional information that includes two seasonal recipes and a physical activity suggestion to food pantries statewide. This postcard campaign began in July 2007 with 51 counties in the state. In 2011 we now the campaign now includes 83 counties in all eight regions. This year's goal was to reach at least 200,000 recipients. Because food pantries closed, moved or were unable to use our materials, we were able to reach about 128,000 SNAP recipients at food pantries.

Buddy Pack program

The Buddy Pack program is a statewide program where food banks provide ready-to-eat food in backpacks on Fridays to children in need. We complement this program by providing four items per month to be included in these weekly backpacks. The items include a seasonal fruit or vegetable activity sheet, a kid friendly recipe card, a "did you know" fun fruit and vegetable fact card and a reinforcement item. This

program has been so successful that in just three years the program has expanded from reaching 4450 to more than 9800 kids.

Some organizations have begun incorporating our materials into their programming. For example, some groups use the recipes for demonstrations and during classes.

This program has been so successful that in just three years the program has expanded from reaching 4450 to more than 9800 kids.

Materials in Spanish

During last couple of years, we have had several organizations request materials in Spanish. Each month, we include Spanish materials for those organizations.

Show Me Nutrition line

Our materials encourage SNAP recipients to call the toll-free Show Me Nutrition line to have nutrition and physical activity questions answered and to discover what programming



Cover from the October issue of "Did you know." These fun fruit and vegetable fact cards are sent out in Buddy Packs statewide.

is available through their local Extension center.

In FY12 the Show Me Nutrition line received more than 163 requests via telephone, email and postal mail. Requests came from 45 counties in Missouri. The top three reasons that were noted for calling the nutrition line were related to food safety, dietary quality and physical activity.

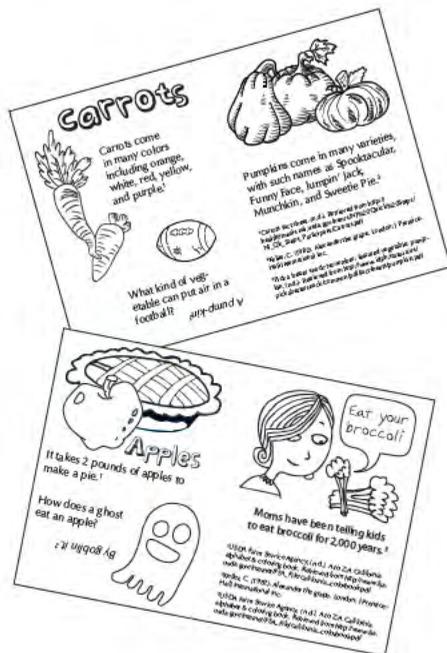
Information was most commonly requested for food safety and storage. Inquiries were made about storing foods safely, preservation techniques and the safety of cooking methods and utensils.

Extension programs, materials and resources in Missouri were also a popular topic as was dietary quality, health and food guidelines. Inquires were made about special dietary conditions

of vegans and diabetics, as well as requests for recipes or recipe substitutions.

Goals for 2013

In 2013, we are working on ways to increase our contact numbers as we continue to strive toward directly reaching 200,000 food stamp families. We will be sending simple seasonal recipes each month to the pantries and other organizations. The backpack materials will also be seasonal and encourage children to stay active all year round. We also hope to increase the number of Spanish materials we send out. With these strategies, we hope to achieve our goal of 200,000 contacts through postcard distribution and buddy pack partnership with food pantries in high-need areas.



Success Stories

I have so enjoyed the recipes! A client from our local food pantry thanked me for the healthy recipes our program gave her the month before. She had made the fruit and yogurt parfait at home for her and her husband. She had also made two of the main dish recipes. She said they were good and used basic ingredients she had on hand. Her doctor had told her to eat healthier and the recipes helped her to do that. I told her about the soppo Joe recipe we would be making in October using tomato soup and mustard. She was anxious to try that one, she said she usually always has soup on hand. She was very grateful for the information. She made a special point to come to my table to say thank you for the recipes.

— Teresa Bell, South Central Region, Laclede County

While working at a food pantry in Belton a family came in during one of my visits there, and I talked to them about eating on the run and healthy family friendly options that they could make at home. During this visit I provided them with a sample and a recipe for personal snack pizzas, and the children just loved them. A few weeks later the family came back into the pantry and raved about the personal snack pizzas, they told me that they had made them at home for dinner several times since we had met. I was so pleased to hear this and the mother went on to tell me that she loved the recipe and had made different versions of the pizza, including a breakfast pizza for her family and that she loved the ease and cost effectiveness of this meal. She said that she felt that she was feeding her family a healthy option because she had even snuck in some pureed veggies in the sauce and her children did not know that they were eating so healthy, they just loved the taste. She said that since she had been in, she had made these for her family several times in place of eating out!

— Amy Prindle, West Central Region, Cass County

Saving Money and Food Resource Management

I have been teaching classes at Share the Harvest, working with shopping, cooking and reading labels. I have a family that is now saving \$25 a week and eating better after taking the classes. The family buys less junk food and more fresh foods and now reads prices. The nice part is that they save \$50 a month and use the money leftover to do outdoor things with kids, like playing mini-golf and going to the zoo.

—Larry Roberts, South Central Region, Camden County



MU Extension teaches kids that cooking matters

by Curt Wohleber, Senior Information Specialist, University of Missouri Cooperative Media Group

In a crowded kitchen in a church basement, nine elementary school kids are cooking lunch. You might think it's a recipe for disaster—kids are using knives, handling raw meat, working at a big gas range, and there's not much elbow room—but they know their jobs and the turkey tacos and fruit smoothies turn out fine, with no injuries and not too much of a mess in the kitchen.

The students are participants

in Cooking Matters for Kids, a six-week course for third- through fifth-grade children that connects learning about health and nutrition to hands-on experience in the kitchen.

Kids may learn some basic kitchen skills in middle school home economics classes, but by fifth or sixth grade, kids already are on average preparing at least one meal per week by themselves, said Chris Merritt,

nutrition specialist for University of Missouri Extension. Merritt is teaching the class with assistance from Luella Fischer, MU Extension 4-H youth program associate.

"We need to get information on food and nutrition to elementary school students," Merritt said. "The kids need to know it now and hear it repeatedly. The more we get the information out to the students, the more likely they are to

continue using this information as they get older.”

A room near the kitchen is set up as a simulated grocery store, with cans, boxes and plastic-replica fruits and vegetables arranged as you would find them in a typical supermarket.

“We go over the information on food labels that is important in making healthy food choices,” Merritt said. “We talk about added sugars in food. We also try to stress the importance of being active.”

“I was surprised about how much sugar was in some cereals,” said fifth-grader Abbie Doyle. For Abbie, the importance of healthy eating isn’t just an abstract concept. “I play soccer. If you eat a lot of junk food you won’t run as fast.”

“I was surprised about how much sugar was in some cereals,”

—fifth-grader Abbie Doyle.

Making good nutritional choices is harder these days. People are cooking less and relying more on fast food and convenience foods, which tend to be high in cost and low in nutritional value. And more people today are coming of age lacking the cooking skills their grandparents took for granted.

“A lot of people don’t know there are ways to prepare vegetables other than boiling them in a pot of water or thawing them in the microwave,” Merritt said.

The kids in his class learn about a variety of techniques,



Kids at Clarence Cannon Elementary in Lincoln County learned new skills to help them eat healthier! Led by University of Missouri Extension health and nutrition specialists Linda Rellergert and Chris Merritt, and assisted by FNP nutrition educator Heather Eoff, students learned how to select, prepare and cook fresh ingredients for healthy meals for their families.

such as chopping, puréeing, baking, sautéing and stir-frying,

The curriculum emphasizes lower-fat recipes and the use of spices to enhance flavor. “We want to talk about nutrition and weight control before fad diets take over their behaviors,” Merritt said.

Or, as Abbie Doyle puts it: “You can eat healthier now to help you get used to it earlier. You can have junk food sometimes but you don’t want it to be a habit where you eat it all the time.”

Merritt encourages parents to involve their children in choosing and preparing meals.

“Take them shopping and let them have some input in what

you’re purchasing,” he said.

“Let kids help in the preparation so they have an investment in the meal. Let them open cans. Let them use the knives after they’ve had training. “Make it an adventure.”

“Let kids help in the preparation so they have an investment in the meal. Let them open cans. Let them use the knives after they’ve had training. “Make it an adventure.”

—Chris Merritt

Cooking Matters for Kids

is part of a national program operated by Share Our Strength, a nonprofit founded in 1984 to fight global hunger. Through courses tailored for low-income adults, families, kids, teens and child-care professionals, Cooking Matters provides nutrition education, hands-on cooking instruction and help with food budgeting skills.

In Missouri, Cooking Matters is administered by Operation Food Search, a food bank that has been running Cooking Matters classes in the St. Louis area since 2000. Operation Food Search has teamed up with MU Extension to expand Cooking Matters throughout the state. Funding is from Operation Food Search and the USDA's Supplemental Nutrition Assistance Program.



A total of 13 people participated in a 6-week Cooking Matters for Adults course sponsored by University of Missouri Extension and Operation Food Search. The program was held at Jackson Park Senior Apartments in St. Louis City. Ranging in age from 40 to 60 years, participants learned about meal planning, eating healthy on a budget, food safety, making healthy food choices using the nutrition facts label, using spices, importance of physical activity and the benefits of choosing more vegetables, fruits, low-fat dairy, whole grains, lean meat and water. Participants also gained cooking skills through experiential cooking of two meals in every class.

Participants' response to the question: How has this course changed your life?

"It really made me realize how much salt and sugar I was consuming. Eating the foods prepared without salt was tasty. I realized I can still enjoy food without salt. They also introduced healthier seasoning alternatives."

"I'm more conscious of what I buy, how I prepare meals and the amount (serving size) that I eat."

"I learned how to watch what I eat, cut calories, cut portions, cut sugar and cut fat. The class showed me how to prepare my food better."

"I'll drink more water and less soda."

"I feel better, I walk a little longer. I have more energy. I will eat right and exercise."



Cooking Matters at the Kansas City, Mo., City Market.



The Missouri Council for Activity and Nutrition

The Missouri Council for Activity and Nutrition (MOCAN), Missouri's Nutrition Network, is a coalition of approximately 81 organizations that unite to improve the nutritional intake and physical activity levels of Missouri residents. Thirty-six of these organizations have signed a formal member profile.

Coalition members impact their clients through nutrition education, provision of nutritious foods, education by health care professionals and changes in policies and environments. Many member organizations provide services to low-income and underserved Missourians. The work of MOCAN supports the education provided by University of Missouri SNAP-Ed and other USDA-funded programs.

During FY12 MOCAN initiated implementation of their revised strategic plan that guides their collaborative work. American Reinvestment and Recovery Act (ARRA) funding continued to support the MOCAN Farm to School and Livable Streets Initiatives until August 2012 when the grant expired. These initiatives demonstrate how MOCAN activities support

the SNAP-Ed program and goals. By creating policy and environmental changes that result in increased access to affordable local produce and safe walkable/bikeable communities, these initiatives reduce barriers to healthy eating and physical activity. In addition, they are enabling the SNAP-Ed audience to act upon the knowledge they acquire in the SNAP-Ed program.

By creating policy and environmental changes that result in increased access to affordable local produce and safe walkable/bikeable communities these initiatives reduce barriers to healthy eating and physical activity.

In January 2012, MOCAN received a grant from the Missouri Foundation for Health (MFH) for Eat Smart in Parks. The purpose of this initiative is to increase the number of healthy food options available in state and local parks. The initiative includes developing nutritional

guidelines for foods served in parks, training for park directors and staff and marketing efforts to promote the selection of healthy options. Again this effort supports the SNAP-Ed program and goals through improved access to healthy choices and the repetition of consistent messages that support healthy eating in multiple venues: in this case, where the target audience plays.

MOCAN also continued to promote the use of the "Live Like Your Life Depends On It" campaign in several venues.

As in years past, MOCAN is committed to promoting and using the "Live Like Your Life Depends on It" campaign and messages through several media outlets. The most visible of those in FY11/12 was through 40 billboards erected in all corners of the state. However, this year saw an exciting addition through six Kansas City area billboards! All billboards (in both rural Missouri and the Kansas City metro area) were placed in areas in which 50 percent or more of the persons living there had incomes less than or equal to 185 per cent of poverty. The billboards (all placed for a minimum of three months) were in the following counties:

Live like
your Life
Depends
on it.
Eat fresh.

UNIVERSITY OF MISSOURI
Extension
an equal opportunity/ADA institution
Funded by USDA SNAP Ed.



40 billboards erected in all corners of the state, stress the message of "Live Like Your Life Depends on It. Eat Fresh." with vivid and beautiful images of fresh fruits and vegetables that are easily available at local farmers markets, grocery stores, and other vendors. With the addition of the Kansas City area billboards in FY12, more than 280,000 additional Missourians will see this messaging campaign than in FY11, bringing the total to over 500,000 DEC (daily effective circulation).

Adair, Boone, Buchanan, Butler, Cape Girardeau, Clay (Kansas City metro), Cooper, Dent, Green, Grundy, Jackson (Kansas City metro), Jasper, Lafayette, Marion, Mercer, Montgomery, Pemiscot, Phelps, Randolph, Scott, Shelby, Sullivan, Vernon and Washington.

The focus of the billboards again this year was to stress the message of "Live Like Your Life Depends on It. Eat Fresh." with vivid and beautiful images of fresh fruits and vegetables that are easily available at local farmers markets, grocery stores, and other vendors. With the addition of the Kansas City area billboards in FY12, more than

280,000 additional Missourians will see this messaging campaign than in FY11, bringing the total to more than 500,000 DEC (daily effective circulation).

Currently in its developmental stages, MOCAN is excited to embark on a new messaging campaign aimed at Missouri's "tweens" (youth ages 8 to 12) titled "DON'T SIT. BE FIT." (DSBF). While obesity plagues more than half of the American adult population, one audience that is not immune is children. Obesity rates among children have increased at an alarming rate during the past 10 years, resulting in many health-related problems including (but

not limited to) diabetes and hypertension. It is the ultimate goal of DSBF to influence tweens to make healthy choices that will ultimately affect their futures in a positive manner.

MOCAN is excited to embark on a new messaging campaign aimed at Missouri's "tweens" (youth ages 8 to 12) titled "DON'T SIT. BE FIT."

Show Me Nutrition Education Displays

Show Me Nutrition Education Displays are professionally designed full color bulletin board displays with handouts that feature researched-based information from University of Missouri Extension. They are used in a variety of ways in programming.

In schools, the displays are used with teachers and school staff to support school wellness policies. These displays are "training trainers" to deliver good nutrition messages. Show Me Nutrition Education Displays reach teachers who take nutrition information from the displays into the classroom and share with their students or model behaviors for students.

They include handouts, references and Points to Ponder, a take-home resource for teachers. This tool may be used with students in discussion of the display topic. It includes questions to stimulate discussion with students and activities that can be used to reinforce the nutrition messages of the featured display topic.

Show Me Nutrition Displays are also used with participants in a variety of settings, including agencies, food pantries and WIC (Women, Infants and Children) programs.

In food pantries, nutrition educators use the displays to teach participants about nutrition, health and making the most of food dollars. These educational sessions may include recipes and food demonstrations

Be a label reader
The Nutrition Facts label can help you eat healthier — use labels to find products that match your nutrition goals or identify food allergens.

Consumer smarts

Shop the ads
Build your grocery list from the sale ads.

Watch the scanner
Stop the checkout process if an item shows the incorrect price.

Don't shop on an empty stomach
Fill up yourself ... before you fill up your grocery cart.

Shop once a week
Cook once — make multiple meals.

Fruits and vegetables
Buy fresh produce in season and get more nutrition for your money!

Choose whole grain foods and low-fat milk products.

Meat and poultry choices should be lean or low-fat.

Fish, nuts and seeds contain healthy oils, so choose these frequently!

POINTS TO PONDER
Consumer Smarts
For teachers! These alternative discussion questions are designed to stimulate discussion with students in the classroom.

2. Ask students what the term "consumer smarts" means to them.
 • Buy what you really like
 • Buy what is on sale
 • Plan for the use of coupons
 • Document voiding machine scanning
 • Place a garage and grow some of your own food

3. Ask students the benefits of buying fruits and vegetables when they are in season.
 • Products are usually cheaper if they are bought in season when they are ripe
 • Ask students why you should not shop when you are hungry
 • People tend to do more impulse buying (buying something quickly without thinking what they can carry)
 5. Ask students why it is wise to make a grocery list when shopping.
 • Discuss impulse buying and unnecessary purchases
 • Buy only what you need
 • Use grocery ads and buy items you will use when they are on sale
 6. Ask students what changes they can make to help with the family food budget.
 • Help with a garden
 • Limit waste
 • Recycle
 • Limit the number of meals away out at restaurants
 • Repurpose or share foods properly to avoid wasteful meals

Consumer Smarts References
 Metzgar, Karma. 2010. Living on Less: Tips for Stretching Pennies. Retrieved March 1, 2010 from <http://missourifamilies.org/features/nutritionarticles/nut52.htm>.
 Stevens, Amanda and Gabel, Candace. 2008. How can I eat healthier snacks on a limited budget? Retrieved February 19, 2010 from <http://missourifamilies.org/quick/nutrition/nutqa130.htm>.

UNIVERSITY OF MISSOURI Extension
an equal opportunity/ADA institution

using foods available in the food pantry.

In WIC clinics, select Show Me Nutrition Education Displays that align with WIC MOWINS topics are used. Unmanned displays with accompanying handouts are set up in WIC waiting rooms. These displays reinforce messages and content taught by educators in classes with WIC clients.

Show Me Nutrition Education Displays reach teachers who take nutrition information from the displays into the classroom and share with their students or model behaviors for students.

Assemblies

The school-based assembly is a live, dynamic theatrical performance that presents the messages of healthy eating, daily physical activity and hand washing to elementary school students in a positive and fun way and emphasizes that eating healthy and exercising can be fun.

The assembly features animated characters from each food group who deliver messages about their particular food group and how it helps contribute to a healthy lifestyle. Children learn about key nutrients, their functions in the body and healthy choices for each food group.

The importance of eating breakfast is also addressed as a way to jump start the day, provide energy and help learning. Characters discuss the benefits of exercising, and children learn many different and fun ways they can be physically active each and every day. Students also learn safe hand washing methods. Songs and dancing are included throughout the performance to make it entertaining and interactive for the children, as well as to help reinforce the messages.



The Family Nutrition Program in the South Central Region offers the MyPlate of Power Assembly Program to educate elementary students on healthy food choices and the need for physical activity. Costumes representing the food groups, music and audience participation make this program most enjoyable and educational for the students.

Shown with some of the students from Northwood Schools are: Dawn Hicks as Allie Apple; Bonnie Drury as MyPlate and Moderator; Lorette' Smith as Ellie Exercise; Jenny Kirchner as Betty Broccoli; Lavina Wilson as Wanda Whole-Wheat Bread; Nena Kimball as Henrietta Hen; Debbie Raaf as Bossy Bovine. Dana McGuire as Candy Cola tells the students she represents a food "extra" that should be consumed only in moderation. Sound technicians were Renee Hambelton and Cammie Younger.

"The MyPlate Assembly was by far the best event our students have had the opportunity of experiencing in regards to nutrition. The format and characters made nutritional information accessible and applicable for elementary-aged children. I appreciate your ongoing pursuit of engaging activities to aid our students in being lifelong healthy individuals. We value our educational partnership with Extension."

-Karla Tiefenthaler, Superintendent at Northwood R-IV Schools in Dent County



Becky Boyd-Mills discusses simple and inexpensive methods for incorporating protein each day with clients at the "Least of These" Food Pantry in Christian County.

Eat Smart. Play Hard. And Power Panther

Newly outfitted with MyPlate on his shirt, Power Panther took his Eat Smart. Play Hard., message to school and community events around the state. These events increased public awareness and reached parents and their children at the same time with the consistent nutrition and physical activity

messages in the Eat Smart. Play Hard., campaign. They also promoted FNEP programming and reinforced the lessons taught in schools. These events reached 4,655 youth and 2,795 adults.

Power Panther, along with displays and educational activities, emphasized the



importance of healthy food choices and physical activity to promote the well-being and health in children and their families. At one school, Power Panther and Eat Smart. Play Hard., were even featured as their summer school theme!



NPA's Heather Hathaway and Kimberly Penton work with Atlanta Elementary school and Food Power Adventure.

Food Power

Food Power is a fun kindergarten through fifth-grade program that teaches students the importance of healthy eating and physical activity in an exciting and interactive way. Food Power consists of the Food Power Adventure, which is an interactive exhibit that takes children to the farm where food comes from, and into the human body to learn how it gives them energy to grow and play. The concepts taught in the Food Power Adventure have been aligned with state educational standards.

Food Power also includes K-5th grade Connects classroom lessons that enable teachers to prepare students for the Food Power experience and enhance the concepts learned in Food Power Adventure.

Lastly, each student receives a Food Power Digest. The Digest is a colorful magazine that is used in the classroom and to share at home to reinforce the Food Power Adventure messages.

In FY12, 120 schools and 30,832 students participated in the Food Power program. Among the 243 teachers that responded to the Food Power

evaluation survey, 93 percent indicated that they would recommend the program to someone else. Teachers observed the greatest changes in students' behavior in the area of hand washing (60 percent) and in awareness of the importance of good nutrition (38 percent). Teachers also indicated their students talked about the areas of improved hand washing (55 percent), the importance of good nutrition (47 percent) and making healthy meal and snack choices (43 percent) after the Food Power program.

Food Power Young Adventure

Healthily Ever After and Food Power Round Up

In 2012 the Food Power Young Adventure program continued to impact a wide variety of young people across Missouri. Facilitated by Extension Associate Kraig Kensingler, the traveling programs incorporate unique puppetry and music into several lively nutrition education assemblies.

This year an extended effort was made to reach even more smaller rural schools and communities that have limited access to performing arts options. Students, parents, and teachers were enriched with creative performances that promote positive food, fitness, and lifestyle choices. All programs concluded with students receiving a take home family digest. Full of useful recipes, games and movement activities, students were encouraged to incorporate the learning information into their at home life.

Another yearly highlight was the weekend long showing at the Missouri State Fair of the original farm-themed puppet show "Round Up." Held at Mizzou Central, fairgoers experienced an interactive puppet show about the Five Food Groups. Later they interacted with statewide staff to learn about the diverse programs and services Extension offers.



Shelia Letchworth, Morgan county MU Extension Family Nutrition Program Assistant along with The Food Power Young Adventure manager Kraig Kensingler, and coworker, Brenda Knipp from Moniteau county, presented The Food Power Young Adventure program to students of St. Paul's School in Stover, Mo. The program is titled "Healthily Ever After." Using nursery rhymes, puppet characters and music, students are introduced to eating a variety of foods, being physically active and washing hands to kill germs. It was greeted with much excitement by the students.

Success Story

Food Power visited West St. Francois County Elementary School last month. The staff and children seemed to really enjoy the exhibit. Here are a few of the comments: "This was so fun. I didn't know my intestines were so long!" "My favorite was the pizza farm! I didn't know all of my pizza came from a farm!" "Look at my sticker! I got a strawberry. I love strawberries!" On the first day, the special needs class came through last. One of the boys came back the second day to thank the high school volunteers. He said, "Yesterday was the best. I went home and ate healthy food. I like vegetables. Thank you High Schoolers!" From the responses of his teachers, I think this was quite a show of affection for that particular student.

— Judy Colligan, East Central Region, St. Francois County

Success Stories

Obesity Prevention

While waiting in the hallway prior to teaching a nutrition education class, I had a girl come up to me and ask if I remembered her. I often have students ask this and I have to admit that I see too many students in too many schools to remember everyone! (I also knew she had come from the junior high building, and I don't do classes there.) She replied, "You probably don't recognize me because I have lost a bunch of weight." She proceeded to tell me that ever since I came to her classroom last year in the 6th grade she had been exercising more and had lost 26 pounds. She said she had given up soda and starting 'just moving' like we had talked about. She said she

never realized that drinking something could add weight. She told me that she didn't like to do the "usual exercises," but when I told her class that the important thing was just to MOVE, such as dancing (or any other type of activity they liked) that is what she did. She said every night she dances to several songs. Combined with that and changing her drinking soda to drinking water or unsweet tea, she was now living a better lifestyle. Now that she had lost that weight, she was going to try out for school sports (something she had never done before). Before she walked away, she hugged me and said, "Thanks Miss Pattie, thanks."

—Pattie Jones, Southeast Region, Iron County



English Language Learners (ELL) students kindergarten through 12th-grade participate in a parachute day.

While teaching 4th grade at West Plains Elementary, I have a student in Mr. Ozimek's class, who is overweight. I was in the classroom about once a week. After teaching the 6th lesson, the girl approached me and told me that she had really listened to me and told her Mom and Dad that she wanted to be healthy and eat better and exercise more. She had lost a total of 8 pounds. Her teacher told me that he could see a difference in her snacking – more fruits and veggies, and that she was participating more in physical activity. This family also attends my church. The whole family is overweight, and I have seen changes within the whole family. And, it all started with a 4th grade student learning how to be more healthy.

—Nena Kimball,
South Central Region,
Howell County





Stephanie Weddle works with students during summer school to be more physically active as they learn new ways to exercise in Buchanan County

She has lost a total of 25 pounds and plans to lose more slowly and the right way: changing the way she prepares food, how much she eats, and what she eats.

—student from Marie Waller's Nutrition Education class

I have been working with Susan in a domestic violence center. She enjoyed these classes very much and stated she was walking more and following the MyPlate as she had learned in the classes. Susan had lost 8 pounds in a couple of weeks. She was doing great! She said she had no idea of how to eat healthy and was so grateful to be a participant in the FNEP classes. Susan has since

found a new home. The center uses the HIPPA law, therefore, I have no contact with Susan nor she with me, but I happened to run into her recently. She looks great! She grabbed me, hugged me, and thanked me over and over for changing her life. I explained that I was very happy for her and that she had changed her life by changing her eating habits using information provided

by FNEP. She plans to continue following the things she learned in FNEP classes and stated she tells everyone about me and what she learned! She has lost a total of 25 pounds and plans to lose more slowly and the right way: changing the way she prepares food, how much she eats, and what she eats.

—Marie Waller, Southeast Region, Dunklin County

Can learning about nutrition in fourth grade make a difference in the growing rate of childhood obesity? Yes, and changes made at this age can have a life-long impact. Our fourth-grade Show Me Nutrition curriculum has many important lessons, including Food Safety, Food Groups, Nutrients, Serving Sizes, Digestion, Reading Nutrition Facts Labels, Breakfast, and Healthy Choices Eating Out. After completing these six lessons at Sherwood Elementary School, the fourth-grade teacher asked her students to write me a thank you letter. But

she also told them to include something they had learned in our nutrition classes. This is what one of the boys wrote: "Thank you for teaching me about what I should eat. If it weren't for you, I would probably grow up to be overweight. My parents are both overweight and my mom is diabetic. I don't want to be like that. I'm going to try and make better choices. Thanks for teaching me how my digestive system works and how to be healthy." This boy not only heard and saw the things I was teaching, but he also made a conscience decision to make

a change in his food choices. He has reasons to change—his parents and their challenges as overweight adults. Now the Family Nutrition Program has given him the knowledge and the tools to make those changes happen. He has his nutrition folder to take home, with a wealth of information from each class. He can share this information with his family and hopefully encourage them to make healthier choices, too.

—Becky Roark,
Southwest Region,
Greene County

Heather Halterman teaches Kindergarten students at Mt. Vernon Elementary about the importance of dairy.



Success Stories

Long Term Behavior Changes

When I was checking out at the grocery store, the clerk, a former client, recognized me from WIC classes. She proudly showed me a picture of her little boy and told me how old he was. She said that she really enjoyed the time that I spent with her, talking about eating healthy and making improved food choices. Now that she is a mom, she wants to make sure that her son learns to try new foods that are better for him.

—*Sherri Hull,*
Southwest Region,
Greene County

While teaching the third graders at Field School, a second-grade teacher and also a parent of students that we serve nutrition programming to, stopped me in the hallway. She just wanted to let me know that her kindergartner and fourth-grader talk about healthy choices every time they sit down at the table. They are always looking at the grains packages to see if they are eating whole grains and so on. I love to hear that the children are still using the information we share with them after we have left their school for the year.

—*Tracy Minnis,*
Northwest Region,
Livingston County

While teaching high school classes, I saw a student that had been in my classes last year. She is a teen parent and she said that she loved the recipes that I had given her last year and uses them all the time. She was very enthusiastic and said that she feels really good about feeding her son healthy foods and eats much better herself now than she used to. She also asked for more recipes which I was happy to give. I also directed her to the recipe links on choosemyplate.gov.

—*Christa Spindler,*
South Central Region,
Crawford County

While at an out of town eating establishment I ran into two students that had been in my nutrition classes. Not sure if they remembered

me from last year I only smiled at them. A few moments later their mother came back and said that her sons had told her I was their nutrition lady from Extension and she wanted me to know that her sons enjoyed that class and often brought a paper home and shared it with her. She said the program sure made a difference in those boys. She said, "I don't know if you noticed but both the boys ordered water instead of soda." She said, "I even told them they could have soda and they still ordered water." Before they left the boys came to my table and told me all the fruits and vegetables they had eaten off the buffet, and the youngest one said, "I even ate the fruit salad instead of the cake!"

—*Pattie Jones,*
Southeast Region,
Iron County

"I don't know if you noticed but both the boys ordered water instead of soda. I even told them they could have soda and they still ordered water." Before they left, the boys came to my table and told me all the fruits and vegetables they had eaten off the buffet, and the youngest one said, "I even ate the fruit salad instead of the cake!"

—*student from Pattie Jones' Nutrition Education class*

Success Stories

Replicating Lessons Learned

Recently I attended a Back to School Fair in Platte County. It was at this event, that I recognized a former student from a Kids in the Kitchen class I had recently taught. This student, along with her family could not wait to share with me all the healthy recipes that she had been preparing for their family. Not only were they saving money, but they were enjoying spending time as a family preparing their meals together. As an added benefit,



Angie Rhoad and Tracy Minnis work with Kids in the Kitchen, a summer cooking class for kids, learning to make lava sauce to pour over the fresh fruits the students learn to clean and cut in Daviess County.

the family has found new ways to add vegetables to their daily meals, and enjoy taking turns planning their weekly meals. This family recognized the importance of involving the whole family in preparing meals together and eating a healthier lifestyle!

—Gina Conde,
West Central Region,
Platte County

Contemplating better food choices is what a nutrition educator hopes for, and we often hear of such changes being made in the home settings. I do not hear of better choices when eating out. After a lesson about vegetables, a first grade girl waited patiently to share with me how she had chosen vegetables this week. The girl said that her family went out to eat at a restaurant and she chose carrots as her side item. Good job, I replied. Then I asked, was there something you would normally order instead? She said that she usually would get french fries, but she remembered that I had said to try to eat more vegetables. When eating out, making good choices can be very difficult, but the Family Nutrition Program helped her to make a better choice.

—Sara Placke,
Central Region,
Boone County

I was stopped by a teacher in the hall this week. She wanted me to know that my visit with her daughter in another school has been a family blessing. Her husband found out that he needed to completely change his diet after a physical showed some bad results. So now the whole family is eating healthier meals. And due to my nutrition classes, her third-grader understands why it is important and is open to trying more foods.

—Jill Lane,
Northeast Region,
Schuyler County

I recently taught a series of adult classes using the curriculum Eating Smart, Being Active. In almost all of the classes we had food tastings, and I passed out recipes. On the last day of class one of my students told me that she had used every single recipe that I had handed out at home. She said that she and her family had enjoyed them and would continue to use them for family meals. She thanked me and told me that her doctor had told her within the last year that she needed to improve her diet, but she had found it difficult to find healthy recipes that her family liked.

—Christa Spindler,
South Central Region,
Crawford County



Tonya Wogoman points out the vegetable group on “MyPlate,” while teaching nutrition education to children participating in an Ozarks Area Community Action Corporation (OACAC) program in Barry County.



A parent shared with me a cute story of her son’s learning. She told me that one evening she found her 7-year-old son sorting all his Legos by color. When she asked him what he was doing, he told her that he had created a MyPlate. He began to explain the name of each food group and how those foods help our bodies. She was very impressed by his knowledge. She admitted to me that the information was new to her, and she was happy to have learned something so important from her son.

*—Jenni Nevatt,
Southwest Region,
Christian County*

A proud father of a Putnam County fourth-grade boy thanked me for teaching at summer school. His son was so excited about the recipe of french toast sticks he prepared them as a surprise breakfast for Father’s Day. Both enjoyed them and look forward to trying some other recipes he has received.

*—Joni Halley,
Northeast Region,
Putnam County*



Jami Nolen provides cooking demonstrations utilizing fresh, in season ingredients from City Market in Kansas City in the Farm to Table Kitchen.



Connie Griffith Kids in the Kitchen summer school class learns basic food safety rules and how to prepare healthy, good tasting foods Gentry County

Success Stories

Surprise Thank You Nutrition Party

It was my last day of the school year with the fourth grade at Bismarck Elementary, and one I think I will never forget. I walked into the room and I got a big, "Surprise!" The children of Mr. Obermann's fourth-grade class planned a surprise "thank you" nutrition party for me. It never felt so good to feel recognized and appreciated for the work that FNP does. Never before, had I been thought of as such an important part of these student's

lives. The teacher explained that they came up with the idea and planned it. They had balloons, streamers, healthy foods and "thank you" cards. As I read each and every one of the thank you cards, students came up and hugged me and thanked me for coming. To say, I was a little emotional was an understatement. Just think I still needed to finish up the day with that last lesson. What a difficult thing to do! As I was packing

up, the teacher explained, "The children always look forward to seeing you and the message you are bringing to the classroom." "I can tell you, they take your message seriously and want to make changes to stay healthy." "They just wanted to let you know with having a "nutrition party." What a fantastic day as a Family Nutrition Educator!

—Andrea Oswell-Holmes,
East Central Region,
Washington County

Success Stories

Trying New Foods

As a new Nutrition Program Associate in the Northwest region, I was hoping to find that students were willing to try new foods and that they might discover that they liked some of these new foods I brought into their classrooms. I was definitely not disappointed. Many students commented that they had not liked broccoli until they tried it as a part of our food tasting. When introduced to mangoes, several students said that this was their new favorite fruit. I was also very excited when Ms. Gastreich, a kindergarten teacher at Northeast Nodaway

Elementary School, told me that our program was also making a difference with the parents. Snacks are sent into her classroom for the kindergartners on a weekly basis by the parents. After reading the newsletter and listening to their kindergarten child, the parents chose to send bananas as a healthy snack. It is so much fun to know that the Family Nutrition Education Program is making a difference in the lives of families in northwest Missouri.

—*Connie Griffith,*
Northwest Region,
Nodaway County

When introduced to mangoes, several students said that this was their new favorite fruit.



A fourth-grade teacher emailed me and said that she could not wait until our next meeting to tell me that she had just had a parent teacher conference and the first thing her student's mother said was that her daughter was making her entire family eat more whole grains because of my lessons. The teacher was very excited!

—*Claire Coughlin,*
East Central Region,
St. Louis County



University of Missouri Extension employees discuss the importance of healthy food preparation at a public demonstration to promote healthy eating.

Success Stories

Working with Seniors

Tuesday at the LaGrange Senior Center one of the clients shared that she and her husband had increased the amount of fresh fruits and vegetables they eat every day. She was standing there and grabbed the waist band of her pants pulled them out and said, "See?" (demonstrating the loose fit of the jeans). One of the other ladies added that it "does make a difference." This fitness group meets two times a week and has participated in the Eat Smart Live Strong Program in the past.

—Deann Turner,
Northeast Region,
Lewis County

After doing an "Eat Smart, Be Active" class with a Nutrition Center, I was approached by a gentleman who wanted to thank me. Ben shared with me that he lives alone and often doesn't pay a lot of attention to how healthy the meals he prepares are. He stated that since attending three classes with me, he is trying to plan and prepare more healthy meals. He said he uses "planned overs" often, even if there are just a few vegetables left, he adds it to something else. This helps to save him money and living on a fixed income he stated he needs all the help he can get. He has all of the handouts from ESBA posted on his refrigerator to help him remember what he learns, and uses this information,

and also shares it with others. Ben said he hopes I will continue to do classes at the Nutrition Center because he has learned quite a lot and would like to know more so he can eat healthier.

—Marie Waller,
Southeast Region,
Dunklin County

While teaching Eat Smart, Live Strong at the Pineview Heights Cabool Housing Authority, one of the women came to me and stated that since coming to these classes she has seen the importance of getting more fruits and vegetables to eat. She also said that since she has been eating more fruits and vegetables she has to date lost 20 pounds.

—Lorette' Smith,
South Central Region,
Texas County



Jenni Nevatt discusses the importance of incorporating vegetables every day with a group of adult participants in Greene County. The "Eat Smart, Be Active" classes that Jenni teaches have been in high demand throughout the Springfield area.



Jami Nolen, NPA at City Market located in Kansas City, talks about the importance of healthy eating and food preparation.

Success Stories

Food Safety



I had on my University FNP shirt and was working on getting the items I needed for that day's class when I was approached by a parent. She asked if I was the food lady who came into her child's school. I assured her it was me: guilty as charged. She shared that her child was now in charge of food safety at their house, making sure everyone washed their hands before dinner. She also said her daughter was quite the expert on why fruits and veggies should be washed, even when we don't eat the peel. I had done the "wash the potato" lesson from second

grade in her child's class and she said her daughter brought that activity home and turned it into a family demonstration. She said they were all grossed out but now understood why all fruits and veggies must be washed prior to cooking, eating or serving. I was just kind of awed by what she said. I knew I had made an impression on the kids (that lesson always grosses them out), but to think she went and taught it to her family ... she is hired!

—Kimberly Penton,
Northeast Region,
Randolph County

I had done the "wash the potato" lesson... in her child's class and she said her daughter brought that activity home and turned it into a family demonstration. She said they were all grossed out but now understood why all fruits and veggies must be washed prior to cooking, eating, or serving.

Success Stories

Working with Food Service Staff

The Nutrition Services Staff at Hall Elementary in St. Joseph Mo., have a deep desire to see the students succeed in making better food choices. The staff asked what I was teaching, so I gave them a copy of each grades' lesson plans and the Grade Level Expectations met in the classroom through FNEP programming. They asked my opinion about a poster created to address the issue of obesity in children. One staff member had found a picture of an obese child online. I asked that she reconsider this picture. Yes, obesity needed to be

addressed, but please take into consideration body image as well.

We discussed that each child grows and develops differently, and how heredity plays a part. I went to the University of Missouri Extension website and downloaded more information for her. The poster presented the message that obesity among kids is an issue in Missouri and how this can change so we can be the "healthiest kids in the nation." The poster reminded students to do 60 minutes of physical activity and making good food

choices by using MyPyramid. The poster was displayed in a prominent area where the students line up for lunch, right at eye level and easily read by all. This isn't the end. I was asked to preview two more posters, plus the staff is having an incentive program to encourage students to eat healthier. It is so great to see cooperation between FNEP, teachers, Nutrition Services Staff and administration working together on a common goal: to educate and help each student to be the best each can be!

—Sue Robison,
Northwest Region,
Buchanan County

Farm to Cafeteria Workshop

Seasonal, Fresh & Oh So Good!

Area schools are discovering that students really enjoy the fresh taste of locally grown meat, fruits and vegetables. "Farm to School" programs connect children with where food comes from, and help children learn to eat a wider variety of vegetables which promotes better health. MU Extension's Family Nutrition Education Program in cooperation with Opaa Food Service sponsored the Seasonal, Fresh & Oh So Good Workshop for area food service staff.

Nutrition Program Associates, Deann Turner, Wendy Ray, Heather Hathaway and Chelsea Lippincott helped register participants along with working with school staff to prepare foods from the Seasonal and Simple Food Service Guide under the direction of Chef Rick Turner, Corporate Chef with Opaa Food Service.

Participants learned ways to more easily use locally grown produce in their school lunch programs. Chef Rick Turner, facilitated a portion of the workshop, and demonstrated creative ways to save time in preparing seasonal, fresh vegetables. In addition, participants worked in small groups to prepare and sample new salad and vegetable recipes developed specifically for school food service. Chef



Rick, a Certified Executive Chef with the American Culinary Federation since 1994, has experience working with public schools throughout Missouri. The workshop also included the new USDA food guidelines, ways to get more kids to choose fruits and vegetables, and testimony from a local school food service director who has brought locally grown foods to her school. Agency Food Service Staff were also encouraged to bring recipes or methods they have discovered to incorporate fresh fruits and vegetables into their recipes.

Chef Rick Turner, Opaa Food Service, along with School Food Service Staff and NPA's work receiving directions on how and what they plan to prepare.



Heather Hathaway and Chelsea Lippincott register participants.



A student enjoys gardening at the Barack Obama Elementary School in St. Louis, Mo.

EATING FROM THE GARDEN

Eating From the Garden provides research-based information through nutrition and gardening activities to increase consumption of fruits and vegetables, and promote healthier food choices, gardening knowledge and physical activity.



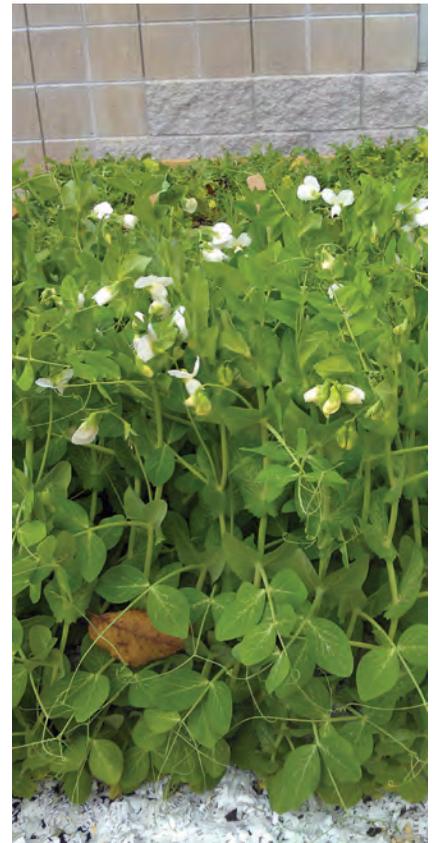
NPA Kaylene Hoeme teaches students from St. Clair county how to take a hands-on approach while learning where their food comes from.



Eating from the Garden at Barack Obama Elementary

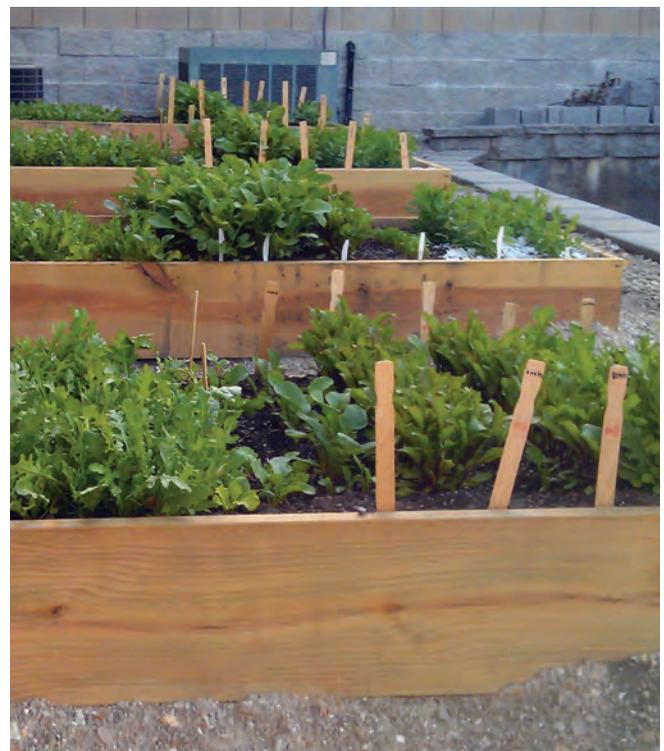
Students from Barack Obama Elementary weigh harvest up to 89 pounds from vegetables grown at their school! Community members, health advocates, teachers, students and University of Missouri Extension staff collaborate to increase consumption of vegetables.

On May 15th, Deputy Undersecretary Canales visited with some of the fifth-grade students who participated in the Eating From the Garden program. When asked what their parents said about the gardens and the vegetables they brought home, one student reported "My mom said what are we going to do? I told her we are going to make salad. She liked it so much we had salad for a week!" Another student said, "The gardening is not just for school. I play soccer and we talk about gardening and nutrition programs there too."



Eating From the Garden in Camden County

Camden County Schools and Larry Roberts and Amy Bartels, Nutrition Education Associates in Camden County, partnered on the Eating From the Garden Program. In just two months, 23 raised bed gardens were constructed, planted and harvested with the school elementary classes participating. Three gardens were also constructed and planted at the Camden County Food Bank. "In four of the school gardens, we have harvested 150 half-gallon bags of lettuce greens and 12 pounds of radishes," said Larry Roberts, NPA in Camden County. One of the Camden County Superintendents said this of the effort: "The Family Nutrition Education Program and Eating From the Garden Program will change how we eat in our county and country. Good job!"



Evidence Base for Missouri's Show Me Nutrition Curriculum

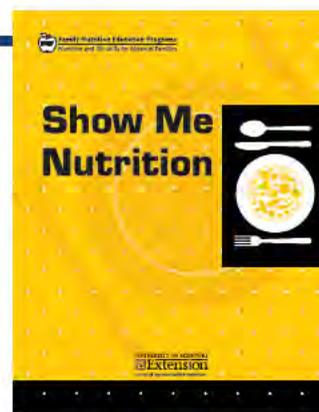
What is Show Me Nutrition?

Show Me Nutrition is a pre-K through eighth-grade experientially based, developmentally appropriate nutrition curriculum using behaviorally focused activities for each grade level. The focus of the curriculum is healthy eating and active lifestyles. Multiple channels convey behaviorally focused nutrition education messages. A component of Show Me Nutrition is a family newsletter targeted to parents or caregivers in grade levels pre-K through grade five. Theoretical constructs from social learning theory were used in Show Me Nutrition's development.

Show Me Nutrition uses an evidence-based approach for nutrition education. The curriculum integrates the best research evidence based on the 2010 Dietary Guidelines with the best available practice-based evidence. It uses meaningful interventions for the target audience based on more than 20 years of program delivery in Missouri. Students are actively engaged and they have opportunities to taste unfamiliar foods and familiar foods prepared in new ways. Relevant motivators and reinforcements are used. The intensity and duration of the Show Me Nutrition curriculum provides an opportunity for

multiple exposures to nutrition education messages. In Missouri, we have found that this intensity and duration helps educators to positively change the total school environment including teachers' behaviors (see "Teacher Behavior Changes" on page 29).

Each grade level is based on knowledge objectives and behavior objectives that meet the Show-Me Educational Standards developed by the Department of Secondary Education in Missouri, as well as National Health Education Standards. All grade levels went through the same rigor of pilot test, gathering feedback from educators,



The curriculum integrates the best research evidence based on the 2010 Dietary Guidelines with the best available practice-based evidence.

Pilot testing and outcomes

In 2001 we used the outcomes of the Missouri Assessment Program (MAP tests) to measure the effectiveness of our fifth-grade curriculum. One area the students are tested in is health/physical education. This chart shows that outcome:

Percent of students per level on Health/PE portion of the MAP, Thornfield School		
	5th grade	State average
Level 1	0	2.42 (low scores)
Level 2	14	15.84
Level 3	14	38.6
Level 4	43	33.51
Level 5	29	9.64

students and teachers, revisions and finally completion with ongoing feedback and adjustments made as necessary in the curriculum. This process took place from 2000 – 2003. Adjustments are ongoing as USDA changes the guidance and as new nutrition information or teaching techniques come to the forefront.

Student behavior changes

Each year we use a Teacher Feedback Form that reflects students' behavior change.

Students in all grade levels consistently make behavior changes that include:

- More aware of nutrition
- Make healthier meal and/or snack choices
- Eat breakfast more often
- More willing to try new foods
- Improved hand washing
- Improved food safety other than hand washing
- Increased physical activity

Teacher behavior changes

Teachers also report what behavior changes they have made as a result of having Show Me Nutrition in their classroom. This is important because classroom teachers can be role models for healthy eating and they can help change the food environment of the school.

Yearly results of student and teacher behavior changes are found in Family Nutrition Program annual program reports at extension.missouri.edu/fnep/reports/index.htm.

FY13-15

On our way for the next three years!

The University of Missouri Family Nutrition Program's (SNAP-Ed) mission is to assist in ending childhood hunger and promoting lifelong health. We will have the opportunity to carry on with this mission for the next three fiscal years. We received approval from FNS that our program will be funded for FY13 through FY15.

Missouri's Family Nutrition Program will continue to:

- Focus on providing nutrition education in accordance with the USDA Food Guidance System
- Stress balancing caloric intake with physical activity
- Strengthen collaboration with the suite of USDA Food Assistance Programs
- Expand collaborations with the anti-hunger community
- Continue to use the social ecological model (SEM) as the underpinning of all programming to address both the individual and the environment
- Use the learner centered teaching approach
- Partner with agencies to provide education related to growing vegetables
- Use evidence based curricula
- Provide consistent messages related to food and activity through the Missouri Nutrition Network.

State Nutrition Education Final Report Summary

Section A. Final Report Summary for Projects and Social Marketing

Project name	Delivery locations		Audience	
	Geographic area	Delivery sites	Targeted audience	Total number of participants
1. Youth	Statewide	773 Schools 151 Other Youth Education Sites 37 Health Department Offices** 41 Public Libraries** 99 Emergency food assistance sites** 10 Community Centers** 25 Churches** 18 Public Housing** 13 Community Action Agencies**	Youth (Pre-K through 12th grade)	236,630
2. Adults	Statewide	10 Shelters 6 Adult Rehabilitation Centers 37 Health Department Offices** 41 Public Libraries** 99 Emergency food assistance sites** 10 Community Centers** 25 Churches** 18 Public Housing** 13 Community Action Agencies**	Adults	77,868

In the Youth project, the outcome evaluation indicated that youth FSNE participants made improvements in each of the program objectives (dietary quality and physical activity; food safety). Their teachers also reported improvements in their own behaviors regarding these objectives, and the majority of teachers (>68% on each indicator) modeled or talked about their own improved behaviors in front of students.

In the Adult project, the outcome evaluation yielded statistically significant findings on each of the three program objectives for this audience (dietary quality and physical activity; food safety; food resource management).

FY 2012

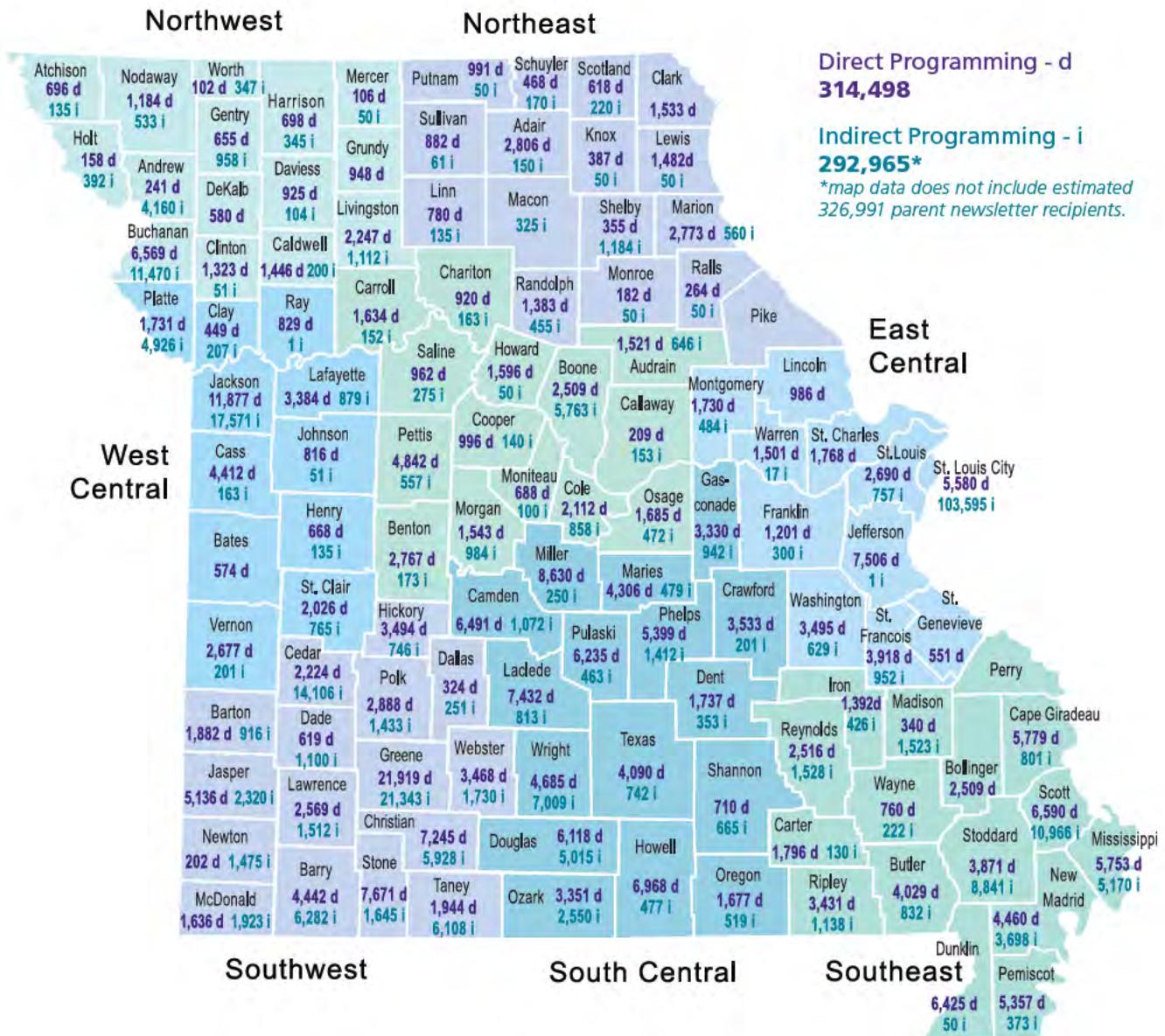
	Methods	Content		Evaluation
	Frequency, duration and type of educational methods	Key messages	Key measures	Type and status
	Average of 4.25, 30-minute group classes	Follow MyPlate. Clean, separate, cook, chill. Be physically active.	Average of 23 participants per class	Outcome, Impact completed 9/30/2012
	Average of 4.25, 30-minute group classes	Follow MyPlate. Clean, separate, cook, chill. Plan meals ahead/make shopping lists. Be physically active.	Average of 22 participants per class	Outcome; completed 9/30/2012

*For evaluation type, indicate Formative, Process, Impact, Outcome or None.

** These delivery sites are counted under both projects. They served both youth and adult audiences.

Participant Data

Participants per county FNP Fiscal Year 2012



Total Participants: 934,454
 Total Direct programming: **314,498**
 Total Indirect programming: **619,956**

Shaded areas on the map show the MU Extension regions

Evaluation: Youth Project

Three thousand six hundred thirty-five (3,635) teachers gave us feedback.

- 54 percent have participated in FNP for three or more years.
- 99 percent (3,582 teachers) reported one or more changes in students after FNP.

Youth participants improve dietary quality, food safety skills and physical activity.



Student changes (reported by teachers)		
Student changes	Percent of teachers who observed each type of student change	Percent of teachers whose students talked about this change
More aware of nutrition	90%	86%
Make healthier meal and/or snack choices	65%	76%
Eat breakfast more often	45%	50%
More willing to try new foods	77%	74%
Improved hand washing	83%	76%
Improved food safety other than hand washing	37%	39%
Increased physical activity	62%	64%

Evaluation*

Teachers' changes (self-reported)			
Behavioral change	Percent of teachers who made each type of change	Percent of teachers already practicing the behavior	Percent of teachers who model or talk about the behavior in front of students
More aware of nutrition	51%	48%	89%
Make healthier meal and/or snack choices	51%	45%	87%
Eat breakfast more often	34%	55%	74%
More willing to try new foods	42%	49%	82%
Improved hand washing	32%	66%	88%
Improved food safety other than hand washing	35%	61%	68%
Increased physical activity	40%	44%	80%
Make/offer healthier food choices for students	49%	38%	NA

*Evaluation data was collected on students who participated in a variety of curricula from Pre-Kindergarten through grade 12.

Teachers report behavioral changes.



Evaluation: Adult Project

A total of four thousand one hundred thirty-seven (4,137) Adult Survey cards were completed. The adults made significant improvements in each area addressed.

Dietary Quality and Physical Activity	
Indicator	Percent of respondents reporting improvement
Think about healthy food choices when deciding what to feed your family	51%
Use the Nutrition Facts label to make food choices	62%
Consume something within two hours of waking	53%
Consume the equivalent of 3 cups of milk, yogurt and cheese each day	50%
Eat more than one kind of vegetable each day	56%
Eat more than one kind of fruit each day	59%
Exercise for a total of 30 minutes each day	51%



Adult participants improve dietary quality, physical activity and food resource management.

Food Safety	
Indicator	Percent of respondents reporting improvement
Let meat and dairy foods sit out for more than two hours	45%
Thaw frozen foods at room temperature	64%
Food Resource Management	
Indicator	Percent of respondents reporting improvement
Plan meals ahead of time	61%
Compare prices before buying food	42%
Shop with a grocery list	46%

Participant data for direct contacts

Participants by age	
Youth participants (through grade 12)	236,630
Adult participants (age 19+)	77,868
Participants by race*	
Caucasian	270,453
African American	33,435
Native American	1,977
Asian	382
Native Hawaiian or Pacific Island	1,613
Other	6,638
Participants of Hispanic ethnicity*	10,217
Participants by gender	
Male	143,366
Female	171,132
Educational contacts	
Direct contacts**	1,336,617
Indirect contacts (family newsletters, health fairs, food pantries, Show-Me Nutrition Line)	2,370,017
Total educational contacts	3,706,633
Groups	
Number of groups that participated	12,082
Average number of visits per group	4.25

* Race/ethnicity is estimated.

** Total face-to-face educational contacts for all groups. Educational contacts for one group = (number of participants in one group) X (number of visits for the group).

Number of participants by grade level or age	
Grade level	Number of participants
Pre-Kindergarten	16,460
Kindergarten	31,502
Combined grades Pre-K and K	988
Grade 1	27,823
Grade 2	26,063
Combined grades Pre-K–2	639
Grade 3	19,507
Grade 4	18,657
Grade 5	13,402
Combined grades 2-5	171
Combined grades 4 and 5	1,800
Grade 6	7,456
Combined grades 5 and 6	1,721
Combined grades K-6	51,562
Grade 7	2,904
Grade 8	2,386
Combined grades 6-8	1,857
Combined grades 7-8	1,458
Combined grades K-8	1,462
Grade 9	582
Combined grades 7-9	276
Combined grades 6-9	3,608
Grade 10	256
Grade 12	148
Combined grades 6-12	232
Combined grades 9-12	2,479
Combined grades Pre-K-12	26,948
Adults (age 19-64)	594,279
Adults (age 65+)	81,435
Total participants	934,454
Total youth participants (through grade 12)	258,739
Total adult participants	675,715

FNP Budget Fiscal Year 2012

Item	Budget STATE	Actuals* STATE
Personnel		
Salaries and wages	5,717,756.00	4,806,968.83
Benefits	1,558,089.00	1,277,525.12
Supplies		
Postage	49,400.00	52,662.16
Office supplies	176,975.00	144,597.37
Telephones	20,050.00	24,740.43
Advertising	56,500.00	143,641.73
Nutrition Ed. Materials w/copying	949,036.00	965,482.27
Travel		
In-state	511,500.00	495,369.89
Out-of-state	15,000.00	4,028.06
Administrative expenses		
Building lease/rental	207,807.00	256,004.09
Maintenance	20,000.00	15,985.55
Other	6,000.00	3,049.42
Contract/grants	90,000.00	87,581.19
Total operating	2,102,268.00	2,193,142.16
Direct costs	9,378,113.00	8,277,636.11
Total indirect*	1,042,012.00	919,647.49
Total federal costs	10,420,125.00	9,197,283.60
TOTAL COST	10,420,125.00	9,197,283.60
* Indirect costs are calculated at the 10 percent of the total awarded amount.		11/08/12

Running out of money for food?

Contact your local food stamp office or go online to

dss.mo.gov/fsd/fstamp

For more information on nutrition and
physical activities you can do with your family,
call **MU Extension's Show Me Nutrition** line at

1-888-515-0016.



University of Missouri
Family Nutrition Program

Bringing Classroom Learning Home

**Bringing Nutrition Education to Communities
where Missourians Live, Work and Play**

UNIVERSITY OF MISSOURI
 **Extension**
equal opportunity/ADA institution

Funded by USDA SNAP.